## LEGEND OF THE DREAM CATCHER

Long ago when the world was young, an old Lakota spiritual leader was on a high mountain and had a vision.

In his vision, Iktomi, the great trickster and teacher of wisdom, appeared in the form of a spider.

Iktomi spoke to him in a sacred language that only the spiritual leaders of the Lakota could understand.

As he spoke Iktomi, the spider, took the elder's willow hoop which had feathers, horse hair, beads and offerings on it and began to spin a web.

He spoke to the elder about the cycles of life...and how we begin our lives as infants and we move on to childhood, and then to adulthood. Finally, we go to old age where we must be taken care of as infants, completing the cycle.

"But," Iktomi said as he continued to spin his web, "in each time of life there are many forces — some good and some bad. If you listen to the good forces, they will steer you in the right direction. But if you listen to the bad forces, they will hurt you and steer you in the wrong direction."

He continued, "There are many forces and different directions that can help or interfere with the harmony of nature, and also with the great spirit and all of his wonderful teachings."

All the while the spider spoke, he continued to weave his web starting from the outside and working lowards the center.

When Iktomi finished speaking, he gave the Lakota elder the web and said..."See, the web is a perfect circle but there is a hole in the center of the circle."

He said, "Use the **we**b to help yourself and your people to reach your goals and make good use of your peoples ideas, dreams and visions."

"If you believe in the great spirit, the web will catch your good ideas — and the bad ones will go through the hole."

The Lakota elder passed on his vision to his people and now the Sioux Indians use the dream catcher as the web of their life.

It is hung above their beds or in their home to sift their dreams and visions.

The good in their dreams are captured in the web of life and carried with them...but the evil in their dreams escapes through the hole in the center of the web and are no longer a part of them.

They believe that the dream catcher holds the destiny of their future.

## THE DREAM CATCHER:

As the legend goes, the Dream Catcher was used by the Woodland Indians and was hung in the lodge (near the bedroom window.) It's use was to catch all dreams, good and bad. The bad dreams would get caught up in the webbing and be held there until first morning light, then burned off. Now, the good dreams were caught, and knowing their way to hole in the center, would filter down into the feathers and be held there, only to return another night, to be dreams.

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## How to Make a DreamCatcher.



I. Wrap Hoop. The I end of wrapping face or jute twine to hoog with heavy-duty thread. Leave & to & of lace to the off

with. Begin wrapping hoop, al not to twist the lace. Wrap hoop to starting re end, then cut of thread,

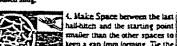


2. Hanging Loop. The face overhand knot two to three inches above the first knot, Horming a hanging loop. The

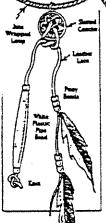
also be made from a separate piece of



3. Make Web. Tie one end of sinew (web cord) to boop. Tie haif-bitches at evenly spaced intervals, forming loops. The smaller the spaces between the the more intricate the finished web will be. Keep



keep a gap from forming. The the next half-bitch in the center of first loop. Continue tying, until the opening at center is the desired size. The off in a knot. The decirrations at bottom.



Dreamcatcher

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STEP 1. The one end of lace to hoop with a string Leave about 5" of lace to se off with Winap hear with late-



STEP I When you reach the beginning tie the ends together and gall snug against the hoor Trim and: off even and tie in an appetually knot. Save excess lace as you will need it later



STEP 3. Tie one end of the artificial singw in place next to knot, move down about 3/4" and tie a half hitch knot



STEP 4. Continue around hoc

STEP ? The next half bitch in ce of ter of first loc fermed Contin: around, tying hi hitch in ca: loor un you ha you ha . o r in last lotied and pull tight. Trim off cacand mash knot down with fings:

